



## Springfield Fire Department Health and Safety Committee Monthly Safety Bulletin-September 2012

The monthly safety bulletin is a product of the Health and Safety Committee (HSC) and will be an overview of the quarterly meeting, the topics discussed, and safety issues supplied by all fire department personnel. If you have an issue that you would like to be included for all personnel to review, please send it to any member of the Department HSC. The goal of this bulletin is to provide news on various safety topics in the industry, inform personnel of how fellow firefighters are being injured or killed, and prevent injuries and fatalities by keeping personnel informed.

### Department Safety News

Also mentioned in the Health and Safety Plan, and discussed last month was the desire to begin to incorporate the 16 Life Safety Initiatives and to participate more with the overall programs, suggestions, and initiatives of "Everyone Goes Home". One of the programs involved with Everyone Goes Home is the International First Responder Seatbelt Pledge. This was created in 2006, after a firefighter fatality that could have been prevented with seatbelt usage. Since then over 150,000 firefighters have signed the pledge and have committed to wearing their seatbelts. We would like for our entire department to do the same thing. We want each Captain and Chief to follow the printing instructions and have their respective crews sign the pledge. Just put your station and shift on the bottom of the form where it says department, indicate your rank when signing. This is a commitment to keeping yourself safe and setting an example for the community. Once this has been done, send the signed pledge to Chief Woody. Once all have been received, we will submit, as a department, the signed pledges, and further display our commitment to our safety. Follow this link [Seatbelt Pledge](#) Everyone should keep in mind the pledge they have already made to wear their seatbelt anytime their vehicle is moving. NO EXCEPTIONS

The seatbelt pledge is meant to bring your safety while in a moving apparatus to the front of your mind. We are proud of our safety record and sharing with others, our commitment to personal safety is commendable and something we are anxious to brag about. Many fire departments have 100% seatbelt pledge compliance, including large departments like Wichita, Omaha, and Dallas. We already have a policy in place; we already always wear our seatbelts, so let's share with everyone our commitment so they can learn from us. This is a wholly symbolic gesture for us to simply be proud of and brag about ourselves. Learn more about the seatbelt pledge here <http://www.everyonegoeshome.com/seatbelts/>

Our "Everyone Goes Home" program commitment will begin with seatbelt usage. <http://www.everyonegoeshome.com/video/seatbelt/eddiesstory/>

Here is a link to view departments that are in 100% compliance with the seatbelt pledge [100% Compliance](#)

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Provided by the Springfield Fire Department Health and Safety Committee:  
Captain Tony Kelley E2B, Captain Tim Gerkey T3C, Captain Joe Jones T6C, Captain Olan Morelan Fire Training,  
Firefighter Joe Myers T2C, and Firefighter Matt Fields T3A



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The HSC is working with the Department peer fitness coordinators to develop a physical fitness plan that will go on the Department Sharepoint Site. On the site, there will be specific workouts, nutrition information, various fitness related tips, links, nutrition and fitness education, and a blog for all members. The plan will be designed to provide as much or little information to individuals as needed. There will be a lot of information provided, but in a way not to overwhelm anyone viewing it. Once the site is up and running we encourage people to explore all that the site has to offer. The blog will be for individuals to share workout times, best practices, recipes, and everything else fitness and wellness related. We really want this to be an asset to the Department and be something that is truly used as a resource, so any changes or suggestions should be sent to any HSC member.

We will begin a new program with the latest training academy. A new basic training academy will begin on September 24. As part of this academy, we will open up the workouts to all personnel. The workouts will begin at 0715 at the training center. Those personnel that participate in 15 or more workouts will get a fitness t-shirt like those that are purchased for the recruits and the instructors. More information will soon follow. If you are interested in the workouts, feel free to show up or contact Captain Morelan for more details. The workouts will be led by peer fitness instructors and will be a great way to kick off a workout plan.

### ***Captain Alex Clark submitted this information on the Department's Peer Fitness Trainers:***

What is a PFT (Peer Fitness Trainer)?

Peer Fitness Trainers are fire department staff members that have been certified by the American Council on Exercise ("ACE") through a program set-up and sponsored by the IAFF and IAFC. PFT's are department level individuals tasked with implementation and improvement of fitness programs and recruit training as part of the Wellness/Fitness Initiative (WFI). *The mission of these personnel is to improve fire fighter health, wellness, fitness, safety and performance.*

So what does this mean for you? Currently our department has two certified PFT's on staff, Capt Alex Clark and Capt Steve Stinnett. They are a **resource** that individuals or crews can use to develop or improve their current health & fitness levels. They can design multiple types of programs dependent on the needs of the crew or individuals. These programs can include strength training, weight-loss, flexibility or other health/wellness topics. If you would like to improve your health and wellness, need help getting started, or just want to learn something new, please feel free to contact either Capt Clark or Capt Stinnett. They will be available for private personal sessions or can be scheduled for crew training.

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**Safety Headlines**

Great near miss report, [what's in your pockets?](#)

Tulsa MAYDAY with radio traffic [Tulsa Mayday](#)

Pittsburgh MAYDAY [Pittsburgh](#) Media report relating to the MAYDAY [Media Report](#)

New Jersey program plans to identify hazardous structures, similar to what our crews are doing. [New Jersey Structures](#)

The USFA and the IAFC have announced a partnership initiative to identify individual and organizational behaviors that adversely impact firefighter health and safety and to develop strategies to mitigate them. [USFA Initiative](#)

NIOSH report on Missouri 2011 FF Fatality [Missouri NIOSH](#)  
NIOSH report on Virginia 2011 FF Fatality [Virginia NIOSH](#)

Other articles and videos of interest:

[Poor Training Cited in Firefighter Injury](#)  
<http://www.healthy-firefighter.org/>  
[Firefighter Shocked Unplugging Shoreline](#)  
[Texas Firefighter hit by SUV while helping back fire truck into station](#)  
[Brookline, MO Fire Truck Struck](#)

Please also check out articles and columns related to these and many other fire service topics on [www.Firerescue1.com](#) , [www.firehouse.com](#) , [www.everyonegoeshome.com](#) , [www.firefighternation.com](#) , [www.firefighternearmiss.com](#) ,and numerous others. If you have a favorite please let us know.

You can access all NIOSH reports on firefighter fatalities here: [NIOSH FF Fatalities](#)

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**September Firefighter Fatalities**

Medical Emergencies

[Contoocook, NH](#)

[Columbia, PA](#)

[Atascocita, TX](#)

[Wenatchee, WA](#)

MVA

[Dagsboro, DE](#)

Trauma

Other

**LODD STATS REMINDER, PLEASE STAY SAFE**

Yearly Totals	
Year	Totals
2012	60
2011	81
2010	87
2009	93

Please contribute to the monthly safety bulletin in any way you can. Feel free to contact myself or any HSC member to submit anything you'd like to include for everyone to see.

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**THE HSC and Fire Department Administration encourage each member to wear your seat belts, slow down and think about your own safety and the safety of those around you.**

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